



To Your Good Health

Good health is nothing to be taken for granted.

It's important to detect problems early - even when you're feeling healthy - so you can get immediate treatment.



Wellness benefits are included in your health insurance plan from the State of Idaho.

- ♥ Blue Shield Modules 1 and 2 cover 100% of the allowable charge for routine physical examinations, as well as for many routine lab and X-ray charges such as mammograms, prostate cancer screening, pap smears, and cholesterol or colon cancer screenings. Benefits for routine physical exams and covered routine laboratory and X-ray charges are limited to \$150 maximum during any 36 consecutive month period for employees and dependents ages four through thirty-nine. Benefits are limited to \$150 every 24 months for employees and dependents forty years of age or older.

Benefits are provided at 100% of the allowable charges for outpatient well baby care, including, immunizations. Benefits paid are limited to \$300 for dependent children from birth to 1 year of age; \$150 for dependent children from 1 to 2 years of age; and \$75 for dependent children from 2 to 4 years of age.

Look inside for:

- When to immunize your child..... Page 2*
- Health screening guidelines..... Page 3*

- ♥ Under the Point of Service (POS) plan, your \$10 copayment will cover preventive care services including routine physical exams and mammograms through your primary care physician.